

Woodburn School District Nutrition Services

Nutritional Analysis (Dinner Menu) June 2025

(Values may change due to vendor product substitutions)

Served Daily	Portion Size	Cals	Total Fat	S-Fat	T-Fat	Mg Cholst	Mg Sodium	Gr Fiber	Gr Protein	Gr Carbs	% Vit-A	% Vit-C	% Calcm
Fruit - Fresh /avg	1 serving	70	0	0	0	0	0	1	0	17	NA	NA	0
Fruit - Canned /avg	1/2 cup	80	0	0	0.1	0	5	1.5	0.2	16	0	25	0
Vegetable - Fresh	1/2 cup	24	0	0	0	0	25	1.5	1	9	10	25	1
Milk, 1% White	8oz	100	2.5	1.5	0	10	120	0	8	11	10	2	30
Milk, Skim White	8oz	90	0	0	0	5	135	0	9	13	10	2	30
Milk, NF Chocolate	8oz	130	0.5	0	0	4	230	0	8	25	10	0	30
<i>Mondays</i>	Portion Size	Cals	Total Fat	S-Fat	T-Fat	Mg Cholst	Mg Sodium	Gr Fiber	Gr Protein	Gr Carbs	% Vit-A	% Vit-C	% Calcm
Cheeseburger	4.96oz	360	19	7.5	1	47.5	660	4	21.5	30	NA	NA	21
<i>Tuesdays</i>	Portion Size	Cals	Total Fat	S-Fat	T-Fat	Mg Cholst	Mg Sodium	Gr Fiber	Gr Protein	Gr Carbs	% Vit-A	% Vit-C	% Calcm
Ham & Cheese Sandwich	1 ct	305	10.89	4.57	0.16	74.18	1052.62	4.08	23.69	31.27	NA	NA	NA
& Doritos	1oz	130	5	1	0	0	160	3	2	19	NA	NA	50
<i>Wednesdays</i>	Portion Size	Cals	Total Fat	S-Fat	T-Fat	Mg Cholst	Mg Sodium	Gr Fiber	Gr Protein	Gr Carbs	% Vit-A	% Vit-C	% Calcm
Corn Dog	4oz	240	9	2.5	0	40	470	2	9	30	NA	NA	8
<i>Thursdays</i>	Portion Size	Cals	Total Fat	S-Fat	T-Fat	Mg Cholst	Mg Sodium	Gr Fiber	Gr Protein	Gr Carbs	% Vit-A	% Vit-C	% Calcm
Pizza*	5.13oz	370	18	9	0	35	580	3	20	34	10	15	45

<i>Fridays</i>	Portion Size	Cals	Total Fat	S-Fat	T-Fat	Mg Cholst	Mg Sodium	Gr Fiber	Gr Protein	Gr Carbs	% Vit-A	% Vit-C	% Calcm
PB&J	5.3oz	600	33	7	0	64	530	NA	18	64	NA	NA	6

* May contain pork product

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% Iron
0 3 1 0 0 0
% Iron
20
% Iron
NA 0.3
% Iron
8
% Iron
10

% Iron
10